

Statistics

Kentucky ranks 47th in overall health based on data collected by the United Health Foundation.
<http://www.americashealthrankings.org/>

6% of Kentuckians have heart disease.

10.6 % of Kentuckians have diabetes.

26.5% of Kentuckians smoke.

30.2% of Kentuckians get no physical activity outside of work.

33.2% of Kentuckians are obese.

39.1% of Kentuckians have high blood pressure.

43.2% of Kentuckians have high cholesterol.

Less than 20% of Kentuckians live within walking distance of a park.

Only about 40% of Kentuckians live in a community which has a park, a community center, or sidewalks.

19.1% of Kentuckians have income levels below the poverty line (\$23,834 for a family of four in 2014).

Only four states have higher poverty rates than Kentucky, once again putting our ranking at 47th in the nation.

Less than 5% of Americans get 30 minutes of exercise every day.

Only 33% of Americans get the recommended amount of exercise (120 -150 minutes) each week.

Just a few ways exercise can improve your life

Keeps weight under control

Helps improves blood cholesterol levels

Prevents and manages high blood pressure

Prevents bone loss

Boosts energy level

Helps manage stress

Releases tension

Promotes enthusiasm and optimism

Counters anxiety and depression

Improves self-image

Helps you fall asleep faster and sleep more soundly

Increases muscle strength, increasing the ability to do other physical activities

Provides a way to share an activity with family and friends

Reduces risk of developing heart disease by 30-40%

Reduced risk of stroke by 20% in moderately active people and by 27 percent in highly active people

Helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer for seniors

http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Physical-activity-improves-quality-of-life_UCM_307977_Article.jsp

Exercise improves cognitive function and protects against dementia.

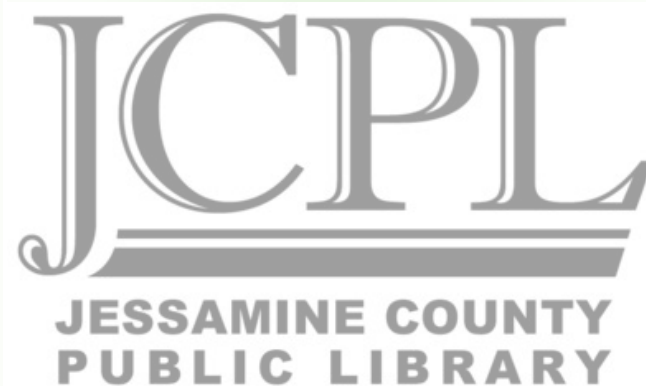
What scientists have learned so far is that brain neurons, the special cells that help you think, move, perform all the bodily functions that keep you alive, and even help your memory, all increase in number after just a few days or weeks of regular activity.

<http://www.scientificamerican.com/article/does-exercise-really-make/>

<http://psychcentral.com/blog/archives/2012/11/09/can-exercise-make-you-smarter/>

<https://www.psychologytoday.com/blog/the-athletes-way/201404/physical-activity-improves-cognitive-function>

http://www.medicinenet.com/senior_exercise/page5.htm



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Dance Around the World

Each program had two parts; a 30 minute performance / presentation and a 90 minute instructional workshop with each part attracting a unique audience.

Required large amount of space and proper flooring, a sound system and microphone.

Having a separate space for each aspect of the program made the transition from performance to workshop much easier.

Cost range: \$0 to \$900 per program

Whole series culminated in a Dance Marathon with 30 minute slots devoted to different genres of music and a live band for the last slot.

Performances

Accompanied by brief talks about the culture and history associated with the dances and music

Performances were open to the public with no registration required

Hand-outs with resources on featured country, its culture, music, and dance

Performances took place in the main library.

Attracted between 50 and 110 people per performance

Workshops

Performers provided the instruction immediately after performance

Number of participants in workshop was limited to specific number determined by instructors. Registration was required.

For statistics sake, counted as separate program

Workshops took place in the meeting room.

Hand-outs with pictures of the movements & links to video / audio files

Attracted between 15 and 50 people per workshop

Dance contacts

Lakshmi Sriraman, Artistic Director - Shree School of Dance

Lexington, KY

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<http://shreedance.com/lakshmi.html>

Reena Cobo Reyes - The Salsa Center

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Mindy Jackson -Mindy's Jessamine School of Classical Dance

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<http://www.jessaminedance.com/>

Harlina Churn-Diallo

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Diana Dinicola - Flamenco Louisville

Louisville KY

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Pam Stewart - McTeggart Irish Dancers

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<http://www.kyirishdancers.org/contact.html>

Danby Carter—Lexington Vintage Dancers

Lexington, KY

(859) 420-6780 (859) 420-6780

info@LexingtonVintageDance.org danby@rosscarter.com

<http://www.lexingtonvintagedance.org/>

Shuling Fister - Lexington Chinese Music Dance and Arts Program

Lexington, KY

859-229-7274

shulingfister@yahoo.com

<http://www.lexcmdap.com/>



Program is designed to help people of almost any level of fitness train for and complete their first 5K Race.

Group meets together one time per week for 10-12 weeks two seasons per year; spring (March - May) and fall (September - November) both culminating in a local race.

Requires local parks or running trails away from traffic, preferably a mile or more long.

Library pays entry fee to race and provides team t-shirt. Most races offer non-profit team discounts. Some shops will provide free t-shirts if you allow them a large space for advertising.

Team leader provides packets, information, advice, instruction, and encouragement.

Best led by an experienced, flexible master runner.

Participants generally become very dedicated library supporters. This program is an inspirational bonding experience!

Attracts 10-20 team members per season - Each weekly meeting is counted as a separate program for the sake of statistics.

Apps for Runners

Map My Run <http://www.mapmyrun.com/>

MapMyRun is a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your workout details, including duration, distance, pace, speed, elevation, calories burned, and route traveled on an interactive map. You can even effortlessly save and upload your workout data to MapMyRun where you can view your route workout data, and comprehensive workout history.

Interval Run <http://deltavee.fi/wordpress/interval-run/>

Want a virtual coach in your ear buds? Then try out this app that tells users when to start running and when to (finally) take a breather. In addition to Tabata workouts, the app let's users customize longer running workouts, from 5K plans to hour-long runs. *Cost: \$1.99, compatible with iPhone and iPod touch.*

Run Keeper <http://www.Runkeeper.com>

Run Keeper is one of the most popular and efficient running apps out there. It's a feature-rich app that enables GPS tracking, distance, speed monitoring, caloric output, and activity history. You can use it just for running or in multiple other sports, including cycling, hiking, skiing, and swimming.

C25K <http://www.active.com/mobile/couch-to-5k-app>

Select your interactive, motivating coach, share your progress with friends on Facebook, and connect to our running support community. Log and share workouts, sync with playlists, and track distance/pace with GPS.

Charity Miles <http://www.charitymiles.org/>

This free app allows you to earn donations as you sweat. Track your exercise miles with the Charity Miles app and earn 10¢ per mile for bikers or 25¢ per mile for walkers and runners for your charity of choice.

For PDF copies of running packets or more information on having a beginners 5K race program at your library, email Les Lehman at llehman@jesspublib.org.



Six week, passive (but somewhat labor-intensive) program using “lessons & homework” to help people learn how to prevent health issues such as heart disease and diabetes

Packets were information and resource heavy. Many participants kept paper copies for future reference.

By reading lesson packets and doing activities, participants earned entries into a prize drawing.

Each packet provided the opportunity to earn up to 7 entries in the drawing.

People could participate in as many or as few lessons and activities as they liked.

Participants could read lessons and submit entries online.

Attracted approximately 50 participants per week who submitted between 200 and 300 entries per week

Open to all ages, but definitely geared towards adults and teens.

Each Packet Contained:

- 7 activities to try
- Overview of the disease / topic of the week
- Statistics
- Causes and contributing factors
- Preventative measures including
- Nutritional information specific to that topic
- Exercise and movement specific to the topic
- Information on other tools such as, sleep, meditation, music therapy, aroma therapy, massage, social connections, herbal supplements, environmental improvements, etc.
- Thorough list of web, print, and audio resources

For PDF copies of all six packets, email Les Lehman at llehman@jesspublib.org.



Six week, passive program that encourages participants to get walking by offering entries to prize drawings for different mileage levels

Participants received free pedometers, logs and information packets and tracked their own mileage each week for six weeks, submitting one log per week.

We kept track of the total miles walked by all participants on a giant map in the lobby.

We rounded the weekly miles to bring us to a particular Kentucky destination, which we highlighted with a display of resources or a related program about that place.

At the end of the six weeks we tallied each participant’s miles and entered them in to the corresponding prize drawing.

- 10-15 total miles earned an entry into a drawing for books on Kentucky places (choice of 5) - 10 winners
- 16-25 total miles earned an entry into a drawing for tickets or passes to Kentucky attractions - 5 winners
- 26 total miles or more earned an entry into a drawing for an over night stay at Kentucky state park or historic site - 2 winners

Easy to add-in a weekly library walkers group and meet at a local park

Multiple opportunities / tie-ins for collaborating with historical groups and state tourist attractions on regular programs

Attracted 109 individuals who logged 4,407 miles over six weeks

Related programs could include guided tree & plant identification hikes at local parks, bird watching hikes, historic walking tours of your town with community leaders as guides, walking history tours of local cemeteries, daily staff lunchtime walks, special day hikes at state parks, and guest speakers / presentations from destinations on your map such as the Kentucky Derby Museum, Shaker Village, Mammoth Cave National Park, Newport Aquarium, Perryville Battlefield State Park, the Corvette Museum, or the Bourbon Trail.